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Bringing Up Children

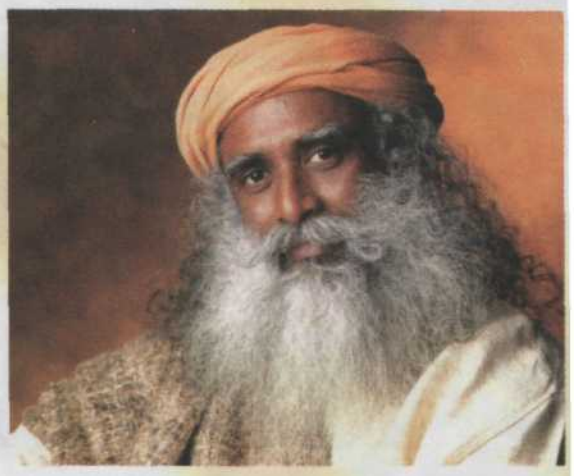
The first thing to do when bringing up a child is not to touch your child or influence his/her mind with your distorted minds. That is the first step you need to take. Yes, the child can get exposed to many other rotten minds, the possibility is very much there, because they are everywhere in the world. You cannot isolate him totally from that.

Now you ask, "What should I do? What should my child's education be? How should I bring him up? How should I guide him?" You just encourage him to be intelligent, to be aware. Every being has been given the necessary intelligence to fulfill his life. An ant is born; you study it and see. It has all the intelligence to live an ant's life fully. It may not be able to do what you are doing, but as an ant, it has the necessary intelligence for being an ant. The same applies to every creature. You too have the necessary intelligence to live your life to the fullest.

Now, the problem is that you want your child to be intelligent your way, not his. Your idea of intelligence is that your child should become a doctor. Maybe he would have made a wonderful carpenter, but you want him to become a doctor. You want this not because doctors are needed in the world or you care so much to relieve the suffering of people and your child can dedicate himself to the society, but simply because you have a preconceived notion in your head that in the social structure, a doctor or an engineer means some kind of prestige or high status. "My child is a doctor!" You want to live your life through your children. This is a definite way to destroy children.

Your child need not do what you did in life. Your child should do something that you did not even dare to think of in your life. Your child should do something, which you did not even have the courage to think of. Only then this world will progress.

Every child does have the necessary intelligence to live his life fully. You create an atmosphere for him to grow mentally, rather than impose your ideas upon him.. When it comes to influencing him, the teachers will have a role, his friends and other sections of the society will have some influence on him. You can't help it; you cannot build a sanatorium for your child, but still, as a parent, you can play a very important role in allowing the child's intelligence to bloom.



First of all, when a child is born if you think it is time to teach, then you will ruin the child. When a child comes into your life, it is a time to learn, because you have missed much in your life and so much of you has become distorted. Now, a child is just looking at life. You sit with him and look at life afresh. The only thing that you can do to your child is to give him love and support; his intelligence will grow. That is all. Create a loving atmosphere for him where intelligence will naturally flower.

People understand that to bring up a child lovingly means to get him everything that he asks for. If you look at your child with intelligence, do you see that to get him everything that he asks for is sheer foolhardiness? To this, you have given the name 'love'. So how should you bring up a child? In whichever situation he is placed, he should be able to live joyously, isn't it? That is the way he should be brought up.

If you want to bring up your child well, the first thing is that you should be happy. Right now, you do not know how to be happy. Everyday in your house, there is demonstration of tension, anger, fear, anxiety and jealousy. Only these emotions are being demonstrated to your child. What will happen to him? He will learn only this. If you really have the intention of bringing up your child well, you must first change the way you think and behave. If you are incapable of transforming yourself, where is the question of you bringing up your child?

Sadhguru is a Realised Master, Yogi and profound Mystic of our times. A visionary, Sadhguru asserts that peace and happiness are not the ultimate goals of life, but the most basic needs in every human being. He developed Isha Yoga as a powerful method for individual transformation leading to human emancipation. A glimpse of his life and work can be found in the books of Encounter the Enlightened and Mystic's Musings. For more details visit www.ishafoundation.org

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